



Smithdon High School
Mrs A Gibbins
Headteacher
Downs Road, Hunstanton
Norfolk PE36 5HY
Telephone: 01485 534541
e-mail: office@smithdonhigh.org.uk
website: www.smithdonhigh.org.uk

Ref: SFa/Nw

12 September 2025

Dear Parents

As a part of your child's education at Smithdon High School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education at Smithdon is taught through the ASPIRE programme and gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, throughout the ASPIRE programme your child will be taking part in lessons which will focus on the Relationships and Sex Education (RSE) aspect. RSE lessons will include teaching about: healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website for more detail about our PSHE curriculum and details of when each unit is delivered.

<https://www.smithdonhigh.org.uk/subjects>

You will also find our RSE policy and consultation documents on the website

<https://www.smithdonhigh.org.uk/policies>

All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, please email me at s.fairweather@smithdonhigh.org.uk to arrange a meeting.

Yours sincerely

Ms S Fairweather
Teacher of ICT/PSHE

